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Summer hair

Hot one day, humid the next — welcome to problem-hair season. But don't fret: Blake Lively's long layers can still be yours PAGE 13

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Tran's death a contract hit?

Homicide arrests. Two men facing first-degree murder charges

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police have charged Kaila Tran's ex-boyfriend and a friend in an apparent murder-for-hire plot a week after her brazen killing.

Tran, 26, was stabbed to death outside her Clayton Avenue apartment around 7 a.m. June 20.

Police said Wednesday their investigation, including information gathered from a witness, has led them to believe Tran's homicide was a contract killing.

"My understanding is an amount of money was agreed upon and as a result … it's alleged he carried out the act," said WPS spokesperson Const. Jason Michalyshen. "It's unfortunate and incredibly tragic for Kaila and her family as to how things did transpire."

Tran had recently broken up with her boyfriend after dating for more than four years, and they had been fighting about the split in the days leading up to her death, according to police.

Kaila Tran CONTRIBUTED

"As a result … these arrangements were allegedly made," said Michalyshen.

Those close to the scene last week told Metro a man stabbed Tran as she was getting into her vehicle before being chased away by witnesses who had heard her screams for help.

A neighbour named Amanda, who didn't want her last name used in print, said a man who identified himself as Tran's boyfriend was one of the people frantically searching for the suspect after the attack.

"Someone asked (the boyfriend) if he knew who would have done it, and he said he had no idea who it could have been," she said. "He kept saying it was his girlfriend lying there. He was pretty upset."

Members of the WPS underwater search and recovery unit found what they believe to be the murder weapon in the Seine River.

Tran's ex-boyfriend, Drake David Moslenko, 27, and Treyvonne Anthony Warner Willis, 20, were arrested Tuesday and charged with first-degree murder.

Michalyshen said more charges aren't expected, but the investigation remains open.

The accused have been detained at the Provincial Remand Centre.

Follow Shane Gibson on Twitter @tsgibson

Quoted

"Our investigators are passionate about what they do, and certainly have to keep an open mind with regards to any investigation — things aren't always what they seem on the surface." WPS spokesperson Const. Jason Michalyshen

BRING ON THE ADVENTURE

Alexandre Chéné, 3, explores the Countess of Dufferin train at the new Variety Heritage Adventure Park, which officially opened at The Forks Wednesday. The $1.8-million park was funded by Parks Canada and Variety, and features seven unique play zones, including a spray pad. SHANE GIBSON/METRO

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Via Rail to reduce service, cut 200 jobs nationwide

Ridership dropping, Via says. Cuts come after feds drop $41M in subsidies to the company

Via Rail expects to cut 200 unionized jobs, or about nine per cent of its workforce, as the government-owned passenger-rail service reduces trips on lines across the country.

No routes are being eliminated, and some in the busy Montreal-Toronto corridor will be increased. But by the end of October, routes in most other areas will see less frequent service.

"We are aligning our services with customer needs and consolidating our resources where there is a demand," Via president and CEO Marc Laliberte said Wednesday in Winnipeg.

Trip frequencies are being cut on some of the big routes, including the Montreal-to-Halifax line — "the Ocean" — which will be cut to three from six round trips a week.

In the West, "the Canadian" — Via's only Toronto-to-Vancouver route — will be reduced to two from three round trips a week in the off-season (October to April). Service during peak season will remain at three trips weekly.

Ridership on "the Ocean" has dropped by 50 per cent over the past 15 years, the company said, and ridership on "the Canadian" in winter months has been dropping steadily.

But Jennifer Brown, president of the Canadian Auto Workers Local 4005, said demand is up by 7.8 per cent since last year and by nearly 25 per cent in the peak season.

"So where they're getting their numbers we don't know. I work on board and from January my trains have been sold out," she said.

Laliberte said he hopes layoffs can be avoided in most cases.

"The normal attrition rate that we have at Via is about eight per cent of our workforce, and we're talking about a reduction of nine per cent of our workforce, so we expect that a lot of the employees that are going to be affected will be able to keep a job."

Via says it has reduced its management ranks by 15 per cent since 2009.

THE CANADIAN PRESS

Quoted

"I think it's indicative of the government in general in Canada, not having a national transportation policy and not committing to anything more than hack-and-slash at every opportunity."

Dave Kissack, union bargaining agent

Halifax and Moncton will be hardest hit by job losses, Via says, but Winnipeg's Union Station could also take a blow.
DAVID LIPNOWSKI/THE CANADIAN PRESS

New Harvest building a sign of growing hunger

Winnipeg Harvest's Jessica Wood.
BERNICE PONTANILLA/METRO

It was a bittersweet moment for Winnipeg Harvest employees, volunteers and clients as their new building was dedicated on Wednesday morning.

"It is most unfortunate that our facility has had to double in size," said Jody Hecht, president of Harvest's board of directors, adding that when Harvest was founded in 1985, it was meant to be a temporary measure.

The day the issues of poverty and hunger are resolved, she said, "that day would be fitting for a ribbon-cutting ceremony."

Hecht was joined by Ron Lemieux, MLA and minister of local government, MP Steven Fletcher, minister of state for transport, and Harvest executive director David Northcott.

"This has become a community centre … in a way that shows hope and caring to individuals," Lemieux said, adding most people remember to donate during Thanksgiving and Christmas, "but people are hungry year-round."

Fletcher joked that Harvest's new urban garden had better contain produce that is "legal, tasty and nutritious," which drew laughter from the dozens in attendance.

In addition to the urban garden, Harvest's new building provides expanded space for food distribution, its job-skills training programs and the Mentorship/Apprenticeship Training Program (MATP).

Jessica Wood, 29, is a recent graduate of the MATP and works as a referrals associate at Winnipeg Harvest.

"I see it as an opportunity to get a job in a field I really love," said Wood, who started in May. "I want to know what I'm doing in the world is the right thing and I can use my gifts to help others here."

Winnipeg Harvest also delivered its 2012 report card on Goal 2020, which aims to reduce by half the number of people needing to use food banks.

To learn more, go to winnipegharvest.org/position-papers-reports.

BERNICE PONTANILLA/METRO

By the numbers

53,000

Winnipeg Harvest's new space is increasing in size to more than 53,000 square feet from 32,000.

1

NEWS

On the web

Society can take the heat, says ExxonMobil CEO

Rex Tillerson, CEO of ExxonMobil, says society will be able to adapt to the warming of the planet caused by the burning of fossil fuels, and he blames an "illiterate" public and "lazy" press for the spread of "misconceptions." Go to metronews.ca to read the full story.

Mobile news

A softer side to all the rucking and mauling: Members of Canada's national women's rugby team have bared all in a calendar aimed at promoting positive body images and raising a little cash before the Summer Olympics in 2016. Scan the code to read the full story.

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EX DIRECTOR HAS A STUFFED TURKEY FOR A PET

ABOVE-AVERAGE JOE
Kerri Salki
winnipeg@metronews.ca

Metro Winnipeg is proud to present Above-Average Joe, a new column that will feature extraordinary ordinary Winnipeggers every Thursday.

Meet Darryl Ruston:
Darryl is a Winnipegger to the core. He has been working with the Red River Ex for the last 35 years and sees no end in sight. He also caught a big fish once. He is the proud father of two grown boys and has a stuffed turkey for a pet. His turkey is a Jets fan that wears a helmet during the hockey season. However, it being summer, his turkey now has a sombrero on his head.

Where were you born? Winnipeg, at the Grace Hospital. Grew up in St. James.

Occupation: Director of events and facilities at Red River Exhibition Park.

Dream job: Rock star or a puppeteer with Jim Henson and the Muppets, or to be a Backyardigan.

Favourite years of the Ex: 1997! That was the year the Ex moved to the current spot. Let's just say Polo Park got a bit tight.

What would your last meal be? A greasy pork chop, mashed potatoes and chocolate-chocolate cake.

Last movie you saw: The Hangover.

Any weird skills? I can count to 10 in Japanese.

Favourite sound: The sound of birds in the morning.

Star name (first pet name + street name): Patches Beaverbend.

Just because they're not famous, doesn't mean they're not a somebody. If you know an Above-Average Joe who you think needs recognition, email me at kerri.salki@102clearfm.rogers.com.

Anti-panhandling campaign. Downtown BIZ looks for change

The Downtown BIZ has once again started asking for change in an effort to eliminate panhandling in Winnipeg's downtown.

Starting this week the BIZ has stationed its Downtown Watch ambassadors at kiosks on downtown streets to raise awareness and money for its Change For the Better program.

"Our public-awareness campaign revolves around the simple message, 'Please don't give change to panhandlers,'" explained Downtown BIZ executive director Stefano Grande. "One of the things we're urging Winnipeggers to do is give to programs that work instead."

Downtown Watch ambassador Chris Hiebert. SHANE GIBSON/METRO

Grande points to the BIZ's Change For the Better program as one that is making a difference, taking 100 per cent of what's donated and using it to provide skills, training and employment for the homeless and those otherwise unable to work.

"This way, if people give, they'll know exactly where their dollars are going," said Grande. "If they give it to a panhandler, (how) do they know that it's not perpetuating the cycle of despair?"

Started in 1992, Change For the Better has raised more than $235,000 for homeless employment programs like those run out of Siloam Mission, one of three organizations to benefit from last summer's donations.

"The missing link in true transition from the streets is self-sufficiency in housing and stable employment," said Siloam Mission's executive director, Floyd Perras. "People need jobs that increase confidence and self-esteem, and help them reach their full capacity." SHANE GIBSON/METRO

Call 986-4510 with tips

Police hope jewelry pics will help ID body

Winnipeg police say they are hoping someone will recognize the possessions shown in photos they've released in order to help them identify a dead body.

Police recovered the body of a woman in the Red River on June 15, near the north-perimeter bridge. She appeared to be 35 to 50 years old, slim in build and about five-foot-five, and may have worn dentures. When she was found, she was wearing several pieces of jewelry, including a large silver bracelet made of rounded square links, a leather bracelet with purple squares on it, and a silver necklace with a pendant of two dolphins swimming around each other. METRO

Police are hoping someone will recognize this jewelry. CONTRIBUTED

Asessippi

Man dies after river-tubing

A possible drowning is being investigated by RCMP at Asessippi Provincial Park. On Tuesday around 5:30 p.m., RCMP and local EMS responded to the ski resort and tried to resuscitate an 83-year-old man who was unconscious. The man was pronounced dead. He had been river-tubing with his family when they lost sight of him and was later found unconscious. The man was not wearing a life jacket and the cause of death is not yet known. METRO

Soccer for kids

Footy fever coming to inner city

Organized soccer is coming to the inner city for the very first time thanks to the University of Winnipeg. The Inner City Summer Soccer League starts in July and will run to the end of August. About 160 kids between the ages of eight and 17 will take part in the league. METRO

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Grandpa to cycle across Canada

Helping the helpless. Record holder for fastest cross-country cycle is raising funds for a mission that aids street kids in Kenya

DAVE BAXTER
winnipeg@metronews.ca

Cycling across the entire country and breaking a Guinness World Record is a huge accomplishment for a 55-year-old grandfather, but Arvid Loewen is about to cycle across Canada one more time and hopefully beat his own record.

In 2011, Loewen cycled 6,040 kilometres from Vancouver to Halifax in 13 days, six hours and 13 minutes, breaking the record for the fastest cycle across Canada. On July 3, he will cycle the same route.

Loewen said he is a natural competitor and is motivated to beat his own record, but added the main reason he is doing this is to help others. He has been involved with Mully Children's Family, a rescue mission for street children in Kenya, for the last seven years, and seven children who have been helped by the foundation will form his support crew on the road.

Loewen said his charitable work motivates him to go through such a gruelling cycle.

"If we respond to something that we think we should do, then that's a reality," said Loewen. "I resigned from my job as vice-president of operations for Palliser Furniture after being there 31 years and wanted to commit my time to be a voice for these kids."

Quoted

"I resigned from my job ... to commit my time to be a voice for these kids."
Arvid Loewen

Loewen wants this year's cross-country cycle to be used as a platform to promote Mully Children's Family.

"I had no intention of trying to break my own record, but a new book has been written called Hope for the Hopeless, which features some of these kids' stories.... This will be a fast-paced promotion tour across the country."

Loewen will cycle about 20 hours a day and sleep only two hours a night. He has $75 pledged to the charity for every minute he breaks the record.

For more information on the cycle go to grandpascan.com.

Arvid Loewen looks forward to another cycle across the nation. DAVE BAXTER/FOR METRO

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Queen, IRA icon's grip-and-grin symbolizes truce

Irish republicanism. Queen kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten

Queen Elizabeth II and a former Irish Republican Army commander offered each other the hand of peace Wednesday in a long-awaited encounter symbolizing Northern Ireland's progress in achieving reconciliation after decades of violence.

The monarch and Martin McGuinness met privately inside Belfast's riverside Lyric Theatre during a cross-community arts event featuring Northern Ireland musicians, poets and artists.

Media were barred from seeing their first handshake during an ice-breaker over coffee and tea. But the two shook hands again a half-hour later for the cameras' benefit, documenting a moment that would have been inconceivable back in the days when IRA leaders were plotting to kill the British Royal Family. McGuinness' Irish nationalist Sinn Fein party had never attended a royal function before.

Underlying the sensitivity of the occasion, no live footage or sound was permitted to be broadcast. Outside, flak-jacketed police shut down all roads surrounding the theatre and told residents to stay inside their homes.

Both smiled broadly as McGuinness took the Queen's white-gloved hand and spoke to her for about five seconds. Afterward McGuinness said he had told her in Gaelic — a language neither of them speaks — "Slán agus beannacht" and told her this meant "goodbye and godspeed." The latter word actually means "blessing."

The 86-year-old head of state, resplendent in a suit and broad-brimmed hat of matching apple green, didn't speak but kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten. Experts on Irish republicanism say McGuinness, 62, was the IRA's chief of staff when the outlawed group blew up Mountbatten's yacht in 1979, killing the 79-year-old and three others. THE ASSOCIATED PRESS

Let it reign?

"If I may give voice to the oft-declared desire of the people of Northern Ireland, on whose loyalty and support you can always depend: Long may you reign over us."

Peter Robinson, the Protestant head of Northern Ireland's power-sharing government. Martin McGuinness did not attend this part of the royal ceremonies.

Queen Elizabeth II shakes hands with Northern Ireland Deputy First Minister Martin McGuinness, a former IRA commander, as First Minister Peter Robinson watches in Belfast on Wednesday. PAUL FAITH/THE ASSOCIATED PRESS

Compromise

It's been a long time coming

The event marked the latest moment in Northern Ireland peacemaking that has delivered a series of once-unthinkable moments of compromise.

Irish republicans long had rebuffed invitations to attend British royal events that occur regularly in Northern Ireland. But analysts said McGuinness' U-turn became inevitable once the Queen made her first state visit to the Republic of Ireland in May 2011, where she honoured Irish rebels who died fighting for independence. THE ASSOCIATED PRESS

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When all hope died

Remains. Rescue crews bow their heads in sorrow as two bodies are removed from collapsed mall in Elliot Lake, Ont.

Rescue workers remove their hard hats as a body is carried out of the wreckage. NATHAN DENETTE/THE CANADIAN PRESS

Search-and-rescue workers removed their hats and bowed their heads in sorrow Wednesday as two bodies were removed from the wreckage of a partially collapsed shopping mall in Elliot Lake, Ont.

Crews who had spent the past two days sifting through the rubble of the Algo Centre Mall used sophisticated equipment to try to clear a path to anyone who may have survived when a roof came crashing down.

In the end, however, the rescue mission became a recovery operation.

Officials said crew members had only to search one 12-metre-long pile of rubble before wrapping up the operation Wednesday.

The bodies were removed after a specialized robotic arm worked through the night to clear a path through the debris that accumulated when a section of the roof crashed through the two-storey building on Saturday.

The operation required crews to orchestrate the collapse of a precariously balanced escalator and remove slabs of concrete.

The removal of the bodies marked a tragic culmination of a risky rescue operation that many said came too late.

Elliot Lake Mayor Rick Hamilton called it "a deep, deep tragedy."

"It's with heavy hearts and the deepest condolences on behalf of every citizen in Elliot Lake that we offer our condolences to the families," he said.

THE CANADIAN PRESS

Premier grieves, too

"We live in a big province, but it feels a lot smaller at a time like this as Ontarians come together to support the people of Elliot Lake. Together, we will lift them up as they recover from this tragedy."

Ontario Premier Dalton McGuinty

'Death sentence'

Two bear cubs freed, but groups want them back

Two groups are demanding Manitoba Conservation officials try to recapture two bear cubs returned to the wild.

But a government spokesperson said Wednesday the bears weren't tagged when they were released in a remote location last week and can't be tracked.

A retired construction worker found one of the cubs — he named it Makoon — starving in a ditch along a highway in March. He took it home and nursed it back to health.

Later, conservation officers seized the cub.

And on June 19, conservation officials announced Makoon and another rescued cub had been flown to a remote location and released.

The Humane Society of Canada called the move a "death sentence" for the cubs.

The Assembly of Manitoba Chiefs joined the protest, saying the province had shown a lack of respect for the animals and their significance in First Nations culture.

THE CANADIAN PRESS/METRO

Tories issue more layoff notifications

Public service. Feds inform more than 5,000 employees in various departments they could lose their jobs as the government slashes spending

A fourth wave of job-loss notifications washed over the federal public service Wednesday as the Conservatives appeared to be trying to shore up support for the cuts.

Union leaders reported that just over 5,000 employees in more than 13 departments were told they could lose their jobs as the government seeks to slash spending.

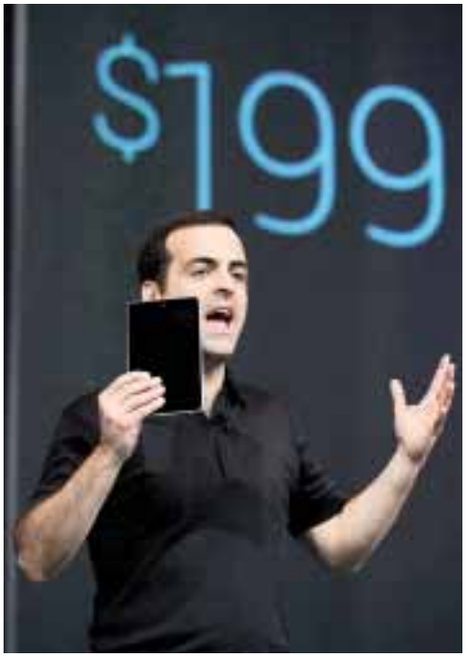
The job-loss notices were juxtaposed with a series of Conservative government press releases highlighting both spending and saving initiatives.

Unions have long accused the government of being too secretive about the cuts and their concerns were bolstered last week by another battle in the continuing war between the parliamentary budget officer and the Tories.

Kevin Page published a legal opinion stating that 64 federal departments and agencies are breaking the law by withholding basic information on the 2012 budget from him, prompting the government to accuse him of overstepping his mandate.

As the standoff between those two sides continues, unions continued to press for transparency.

"This government is misleading Canadians when it says these cuts won't impact services we all rely on," said Robyn Benson, president of the Public Service Alliance of Canada, in a statement. "We need Stephen Harper and his ministers to stop hiding behind spin and start talking to all Canadians about the services we are losing." THE CANADIAN PRESS



Google challenges Amazon

Product management director Hugo Barra, at the Google I/O conference in San Francisco on Wednesday, unveils Google's challenge to Amazon's Kindle Fire — the new Google Nexus7 that will sell for $199 US. Google also made prototypes of its futuristic, Internet-connected glasses available for people to test out. Project Glass will only be sold for $1,500 to people attending its annual conference for computer programmers. PAUL SAKUMA/THE ASSOCIATED PRESS

TD Bank. New borrowing rules projected to slow growth

Canada's economy will underperform even moderate expectations in the next two years, TD Bank economists predicted Wednesday, adding that recent tightening of mortgage and credit rules is contributing to the slowdown.

In a new forecast, the TD Bank now expects growth in Canada this year to average 2.1 per cent, shaving a tenth of a point from its March outlook. And it expects two per cent growth in 2013, down four-tenths of a point from the earlier forecast.

TD is the latest of a list of forecasting groups to officially or unofficially downgrade their outlook for the economy, with some — particularly Capital Economics — coming in even weaker.

The Bank of Canada is expected to follow suit at its next policy announcement in mid-July and write down a call for 2.4 per cent growth in both 2012 and 2013.

TD Bank chief economist Craig Alexander said conditions have deteriorated through much of the world in the past few months.

Europe's problems with government debts in countries that use the euro currency have resurfaced, while China and the U.S. are both underperforming expectations. THE CANADIAN PRESS

Unemployment rate

7.1%

TD says Canada's national unemployment rate should decline slightly to 7.1 per cent in 2013 from the current rate of 7.3 per cent.

Market Minute

DOLLAR 97.51¢ (-0.15¢)

Natural gas: $2.774 US (+7¢)
Dow Jones: 12,627.01 (+92.34)

TSX 11,410.94 (+76.52)

OIL $80.21 US (+85¢)

GOLD $1,578.40 US (-$13.50)

MYTH BUSTERS: NEWSROOM EDITION

HE SAYS...
John Mazerolle
metronews.ca/hesays

It's unanimous: Journalists love Aaron Sorkin's The Newsroom.

That's not to say they enjoy the new TV show. The critical consensus according to Metacritic is "generally causing critics to throw up in their mouths a little."

But journalists love the chance it gives us to gaze at our navels. In this case, we media types love to tut-tut when something happens on a fictional news show that wouldn't happen in real life.

Sure, we can watch an Indiana Jones movie and never think, "An archeologist probably wouldn't use a 5,000-year-old religious artifact as a snowboard, even if he was being chased by a Panzer tank."

But if we're watching a television show about news, suddenly we demand TV be a perfect reflection of reality. "He's having a beer at lunch!" We crow, "He'll be sleepy all afternoon! And he's figuring out the tip without his phone! So he can do math?! While you're at it, why don't you give him X-ray vision?"

We're a bit defensive, because we're misunderstood. About 10 per cent of the population thinks we're noble crusaders against tyranny and injustice, an expectation that only a scant few live up to. And about 90 per cent of the population thinks we're pond scum.

With that in mind, here are some myths and realities about journalists I keep stored in my navel. Let's clear a few things up.

MYTH: Given The Newsroom is a Sorkin production, you can bet the characters will constantly be walking and talking. They'll barge into offices, they'll talk as they barrel down hallways. It's an important world, and they are on the move.

REALITY: Most journalists spend so much time in their chairs that their posture is roughly equivalent to Gollum from The Lord of the Rings. (Exception: People on their way to a smoke break.)

MYTH: We're all lefty pinkos.

REALITY: We're mostly lefty pinkos.

MYTH: Retweets are not endorsements.

REALITY: Yeah, sure.

MYTH: We are evil and smart. Just read the comments underneath online stories. (WARNING: By comment No. 10, this will officially drop your IQ to "avocado.") Comments teach us that reporters are liberal/conservative minions of the NDP/Conservatives who slant every story to bolster high taxes/the oilsands.

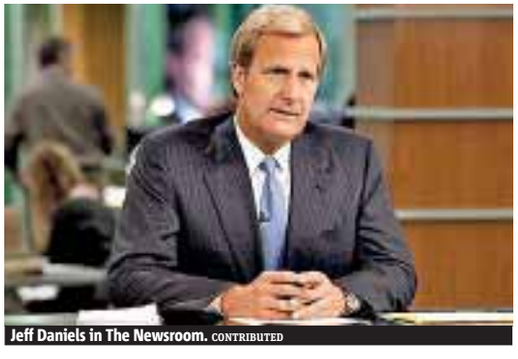
REALITY: We are well-meaning and not that bright. Most journalists want to make the world a better place, but don't have the first clue how to do that. So instead we write pieces that, for instance, illustrate that people at the gas station don't like high gas prices. (Also, most journalists have stopped reading the comments, so feel free to stop writing them.)

MYTH: We are well-paid.

REALITY: Three words: Ha ha ha.

To sum up, we reporters are unhealthy, disillusioned, sarcastic and do not value your opinion. I hope that clears up any negative preconceptions you may have had.

And if you disagree with anything I said here, please, send me a comment.



Jeff Daniels in The Newsroom. CONTRIBUTED

Making footprints beak-ause

CAMERON SPENCER/GETTY IMAGES PHOTOS

Elephant conservation

Penguin stomps his feet for a cause

A Fiordland penguin named Mr. Munro leaves his paint prints on a canvas at Taronga Zoo Wednesday in Sydney, Australia. Taronga and Western Plains Zoo pledged a new elephant-conservation project in Thailand and animals at Taronga made their pledge by dipping their feet and hands in paint and smudging them on canvas. GETTY IMAGES

Printed with paint

- The animals included an elephant, a Quokka (a small marsupial), a seal and a penguin.
- 4,000 animals at the zoo have dipped their paws in paint to promote awareness of animal conservation.
- In order to protect elephants from humans, two guard stations and a chain of outposts on the park grounds will be built at the Thailand site.

Tuka the Komodo dragon leaves his paw mark.

For a price

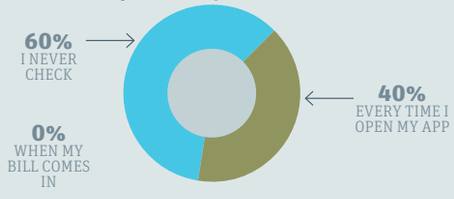
$100,000

Taronga, in a joint effort with Zoos Victoria, is helping fund the $100,000 project.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

When do you find out how much data you have used on your cellphone?



Twitter

@terriwpg: Just saw a huge raccoon within 20 ft of me in downtown Winnipeg. When did these things become urban dwellers? #goaway

@Denezy: Please tell me someone else saw that dude in the amazing suit and lavender patent shoes outside the Convention Centre this AM.

@hollyburies: Winnipeg: where everyone knows everyone and everything about everyone and their everythings

@YWGger: Oh, you're wearing your NY Yankees hat crooked? You must be even more bad-ass than all the other gangsta wannabes. #Winnipeg #Manitoba

@204problems: We don't need 218634262 "Winnipeg Problems" twitter accounts #WinnipegProblems

metro
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James Struthers will surely roll out his song You, Me and Optimus Prime tonight at The Park Theatre. SUPPLIED

More than meets the eye

Buzz. James Struthers writes songs about Transformers and the DJ that fell in love with his music and helped him win an award

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

James Struthers, roll out!

The Winnipeg singer-songwriter is getting a lot of attention for his Transformers-inspired song You, Me and Optimus Prime.

The music video, which sees Struthers and the leader of the Autobots as best buds, has got more than 200,000 YouTube views earning producer Funk Factory Films a Western Canadian Music Award nomination.

"A lot of techies looked at. Actually, because it was Transformers, the main demographic for that video was middle-aged men," Struthers, 23, says.

"We still got a lot of positive feedback even though that's totally not the target demographic of my style of music. However, some people online were ripping on me, saying it looked like I was going to have sex with Optimus Prime. Also, the Transformers purists were really tearing into me for using a Michael Bay version."

Any publicity is good publicity. Speaking of such, Struthers was named Bell Media Emerging Artist of the Month for April, meaning his song What Are We Waiting For went into rotation on CHUM radio stations across Canada.

"I got really lucky," Struthers says. "This DJ in Ottawa named Consuelo Bernardi fell in love with my music and wanted to be a part of the project, so she was pushing and pushing to get us this distinction. We didn't even know she was doing it.

"Anyway, there's an application process and she applied three times and finally it got through. I have to write her a song now."

A man of his word, Struthers did write her a song. It's called Consuelo and it's on YouTube. As far as other new songs, the singer-songwriter is working on a full-length album with co-writer and producer Arun Chaturvedi.

Struthers doesn't know when and how the record will be released, but he says he's trying to strike a balance between artistic integrity and commercial viability.

"Feist is one person I look up, an artist that's able to maintain creative control and still make catchy, hooky pop songs that have mainstream success," Struthers says.

"Gotye has been on the Billboard chart for weeks, so there's hope for sure. It's a little harder, but you can do both."

Struthers just completed a 45-date cross country tour and plays his "welcome home" show tonight at The Park Theatre.

He will be joined by a full band as well as opening acts Haley Cook and Tyler Del Pino. Tickets are $10 at the door. Showtime is 8 p.m.

Quoted

"Some people online were ripping on me, saying it looked like I was going to have sex with Optimus Prime."

James Struthers, on some of the more negative feedback his video is getting on YouTube.

2

SCENE

Scene in brief

Jack White to practice Voodoo

Touring in support of his critically acclaimed debut solo album Blunderbuss, Jack White has been added to the lineup for the 2012 Voodoo Music and Arts Experience. White joins other headliners for the event, set for Oct. 26 to 28, including Grammy-Award-winning trio Green Day and Neil Young & Crazy Horse. Other talent previously announced include The Avett Brothers, electronic dance music star Skrillex, Justice, Tomahawk, Say Anything, funk bassist Bootsy Collins, blues-rock guitarist Gary Clark Jr. and the Preservation Hall Jazz Band.

THE ASSOCIATED PRESS

On the web

Mandy Moore helps Dove promote importance of 'real-women' role models

Canadian Breast Cancer Foundation
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(†) Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC For what matters." is a TM of CIBC.

ScarJo could get paid for leaked nude pics

Scarlett Johansson could be compensated more than $66,000 for having nude photos leaked in 2011, according to the Los Angeles Times.

Federal prosecutors suggest in a sentencing memo that Christopher Cheney, who pleaded guilty to nine counts of hacking, compensate some of his high-profile targets, including Johansson.

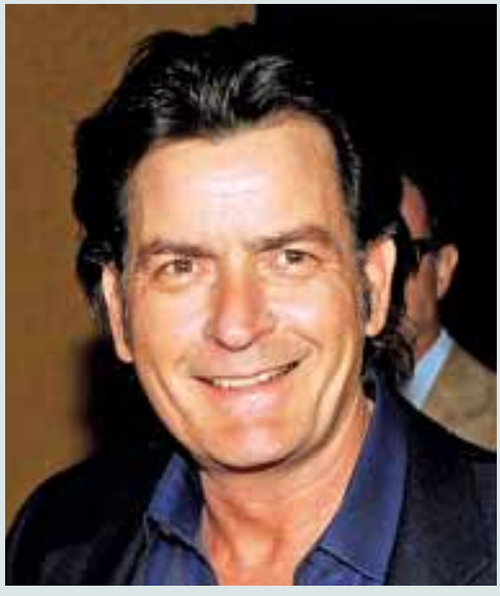
They also suggest $7,500 for Christina Aguilera and $76,767.35 for Secret Life of the American Teenager star Renee Olstead.

In addition, prosecutors are suggesting a 71-month prison sentence for Cheney.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Charlie Sheen, you win this time

MONICA WEYMOUTH
scene@metronews.ca

Reports that Charlie Sheen expertly and enthusiastically dismantled another Ritz-Carlton hotel room don't seem to be holding up. While Usmagazine.com claims the actor trashed his suite during a weekend-long party while in New York with ex-wife Denise Richards — which he actually famously did in 2011 before landing in the hospital — his reps and hotel employees are denying he was anything but a well-behaved guest.

TMZ obtained a copy of the bill — why yes, we did feel creepy reading it — and Sheen's version might hold up: Your mom could do more damage to the minibar, and we're pretty sure dry-cleaning isn't a concern when there are coke-dusted porn stars to attend to.

John Travolta. ALL PHOTOS GETTY IMAGES

Travolta surfaces, engages in red-carpet PDA with wife

John Travolta made his first public appearance since being hit with a cavalcade of sexual misconduct lawsuits from various service industry men, and it appears he decided actions would speak louder than words.

Travolta hit the red carpet for the premiere of his latest film, Oliver Stone's Savages, and instead of stopping to give any interviews, he and wife Kelly Preston put on an impressive show of public displays of affection, groping and kissing each other all the way down the carpet, according to Hollyscoop.

The couple literally could not — or at least would not — keep their hands off each other.

The appearance came just hours after a male cruise ship employee filed a federal suit against Travolta claiming sexual misconduct.

Imagine a Drake-Chris Brown boxing match

Since their alleged feud erupted in a nightclub brawl last week, Drake and Chris Brown have become very public rivals. And now some folks would like to see them duke it out in the ring.

Billionaire Alki David is offering the R&B stars $1 million each — plus an additional million for charity — to strap on gloves for a pay-per-view boxing match, according to the New York Daily News. Boxing promoter Damon Feldman, who's handling the proposed event, thinks it's a brilliant idea, naturally.

"Obviously they have a grudge. It's just three 1-minute rounds. No one will get seriously hurt," he tells the newspaper.

"I would love to have Rihanna as the ring girl."

Did Depp cheat on Paradis?

Johnny Depp recently bought Amber Heard a horse, but he may have been spending some extracurricular time with his former Rum Diary co-star before splitting with longtime partner Vanessa Paradis.

"He's smitten by her. They started sleeping together during the press tour," a source tells Us Weekly.

As for Paradis, she wasn't amused — another source heard her scream, "If I see her, I'll drown her!"

Noted, Vanessa. And with that, we are officially done talking about your split.

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Summer hair SOS

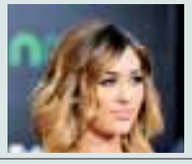
Looking good. Summer has officially arrived, but too much heat, salt and chlorine can really mess with your hair. Now is the perfect time to give your locks some serious TLC. We explain how.

ROMINA MCGUINNESS
Metro World News in London

Top 3 fuss-free summer 'dos

Beachy. Blake Lively's long, loose layers are the ultimate beach look.

Pixie. A cropped haircut like Carey Mulligan's is low maintenance and will wipe years off your face.



Bob. Layered hair cut just above the neck, like Miley Cyrus, is non-committal and easy curl.

This year's schizophrenic weather conditions — scorching heat one day, muggy and wet the next — have probably frazzled and weakened your hair.

Celebrity hair stylist Tommy Buckett, from New York, who has tamed the manes of Ashley Olsen and Emma Stone, talks us through a super simple summer hair-care routine.

Cover up

You've been so focused on getting your body beach ready that you've neglected your hair.

Too much chlorine, sea salt and exposure to the sunlight will cause your hair to look dull and damaged, explains Buckett.

"It's not just your skin that needs protecting. All these things can strip your colour and dry out your hair. So if you want to enjoy the sunshine, you'll have to protect your hair. Wear a hat or a scarf to cover your locks or use a UV protectant spray," says Buckett.

Damage control

No matter how many times you pin or scrape wet hair back it ends up getting stuck to your clammy forehead.

There's no escaping the heat and humidity.

It's easier to damage wet so avoid pulling it up until it's dry.

"Your hair is like a rubber band. It can only be pulled so much before it loses its elasticity and snaps. Over time, pulling it back too tight will cause it to snap where the elastic band is placed.

Loosely tie your hair up or use little tortoise-shell clips if you want to avoid breaking it," adds Buckett.

The perfect beach wave

Some people (rather annoyingly) are born with natural loose waves. Brazilian model Gisele Bündchen is the poster girl for sexy beach hair. For those that aren't, there's a quick-fix solution. "The perfect beach wave can be achieved by spraying sea salt spray and using a diffuser.

While drying your hair (it's fine to blow-dry your hair just as long as you make sure you're using a heat protector) twist it in big chunks to create a perfect wave," recommends the hairstylist. And if at the end of the day you want to wash out all the products, sand and waves that's fine. Just remember to always use a conditioner. "Summer hair gets dirtier quicker," he says.

We fixed your hair, but the earrings are up to you GETTY IMAGES

Tommy Buckett's summer-hair essentials

Sachajuan Ocean Mist leave-in formula
$28
sachajuan.com

John Frieda Full Repair: Protecting Root Lift Foam
$6.49
johnfrieda.com

Kérastase Elixir Ultime
$54
kerastase.com

Oribe Dry Texturizing Spray
$39
oribe.com

Pantene Pro-V Root Lifter Spray Hair Gel
$13
pantene.com

3 LIFE

Fashion Flash

Welcome to the Jersey store: Jacob launches new collection

Jacob has fans of jersey in mind as it readies to roll out its new casual chic collection. The Montreal-based retailer will debut Jersey by Jacob next month. The collection includes a selection of camisoles, T-shirts, cardigans, sweaters, leggings, pants, dresses, jackets and scarves in a palette of grey, black and white with touches of pink. In addition to the use of jersey, which is in the moniker for the new line, the collection will also be crafted with a variety of other fabrics such as knitwear, ponte and fleece. Apparel and accessories in the collection will range from $19 to $79. It will be available at the retailer's 85 stores across Canada and online at jacob.ca.

THE CANADIAN PRESS

On the Web

Milan menswear designers dispel gloom over euro-land with a bright summer 2013

A superfan outfitted his home theatre with sci-fi decor, including Han Solo in Carbonite. Here's how the design team pulled it off.

MICHELLE CASTILLO
life@metronews.ca

The Star Wars room every Jedi wishes he had

It's every little potential Sith Lord's (or lady's) dream to have their own Death Star to call home. And, if they are very lucky, sometimes they can make their dreams a reality.

Mike Dillon from Dillon Works and Eric Ward from Definitive Audio count themselves as some of the few to have ever constructed such a project.

Back in 2001, they were commissioned to build a Death Star home theater, featuring the hundreds of Star Wars memorabilia pieces the client had collected over the years — and this month, it became a sensation online, when a slideshow went viral on sites like Buzzfeed.

The plans had been drawn up by Doug Chiang, the design director for Lucasfilm on Star Wars Episode I: The Phantom Menace and Star Wars Episode 2: Attack of the Clones. All the teams had to do was make it reality. Dillon Works was in charge of the design and installation of the piece. Owner Dillon said his crew watched the films over and over again for inspiration, but it helped that some of the crew were Star Wars fanatics themselves. Plus, the client had specific instructions for their dream theater.

"One important aspect was that the client didn't want the automatic doors to make a 'whooshing' sound because that happens in Star Trek — not Star Wars," Dillon told Metro World News by email.

A Carbonite replica of Han Solo is placed on one of the walls and posters of all the Star Wars films greet moviegoers. Dillion's team even gave the walkways more depth to make it more realistic.

"In the lobby we made walkways that were raised off of the floor," he explained.

"On the floor and ceiling along the sides we installed mirrors. The result is the illusion that the walls seem to go on further giving, the impression like it would look on the Death Star."

While they wouldn't disclose the price, Dillon Works said that it wouldn't be unusual for a project of this magnitude to run between $250,000 and $1 million, not including the audio/visual components.

This has got to be the best home theatre ever created, hands down. ALL PHOTOS CONTRIBUTED

To make sure the theater had the perfect equipment, Ward — Definitive Audio's director of business development — and his group installed top-notch technology. They periodically return to the home to upgrade the equipment — for example, they recently installed a Blu-ray player — but the initial work remains the same. All together, he estimated that the equipment cost $1 million dollars, including $165,000 each for the front left and right speakers.

"It's crazy," he said. "Even the theaters are catching on, but it has way better sound systems, digital equipment and digital projectors than what's out there."

Ward is used to doing things like hiding speakers behind panels, so they did some neat tricks like creating a projector lift into the ceiling in a separate projection room to hide the equipment.

But, the client decided they liked the exposed speaker look for the theater. The challenge came with trying to fit everything in the room, especially because the walls curved.

Ward is confident that the speakers have stood the test of time and sound better than most theaters, calling the viewing experience in the room "phenomenal."

"The client liked the equipment," Ward said.

"So, we had to make it look good. Then we had to make it sound good."

Easy bathroom upgrades

Decor ideas. It's a small space with infinite possibilities — why not give your loo a little love?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: I can't do a full-on renovation of my 12-year-old condo bathroom right now, but I would like to give it a mini-makeover to add more comfort and style. What can I do?
Deirdre Miller, London, Ont.

A: With any short-term decoration project I always recommend going dramatic; this gives you the biggest bang for your buck and creates some drama to tie you over until you can do a full reno.

Here are some ideas and great products that are homeowner-friendly and provide big impact in your bathroom.

I suggest using most of your budget on neutral-coloured products and having fun with punchy towels or small accessories on a smaller budget. This gives you longevity, and it will stay in style until you are ready to make big changes.

Shower with ease: Turn a standard tub into a flexible shower spa with the Hydrorail by Kohler. Choose whichever showerhead works for your comfort and install it easily over your existing tile. It's a great way to turn your tub area into a personal retreat without renovating the entire tub and shower. It'll be dollars spent on just you and your comfort. Cost: $450 to $1,700.

Peel and stick: I love the fun peel-and-stick tiles offer for a kitchen backsplash or in a bathroom. Smart Tile's Carbon Mosaik sheets are made of a gel that make the tiles look 3D. Easy to cut and maintain, simple peel-and-stick tiles on an entire wall in the bath (outside of shower area) creates a trend-setting look and a high-end focal wall. Cost: $250 to $500.

Modern Accessories: With a modern towel rod, shower curtains and hooks will instantly improve and update the look of the bathroom. I like the brushed steel and square designs of Crate and Barrel's Brushed Steel Wall Hooks as they appear to be much more high-end than their price. Try adding two in the shower area for personal towels and one on the back of door for a luxe robe. Cost: $100 to $200.

Go tall: Mounting an outside shower curtain at ceiling height and hanging a long decorative drape hides the shower area, and adds a sense of height to the bathroom while making the room feel like a powder room for guests. Use a synthetic fabric for your drape, and of course use a separate shower curtain liner behind the drape to protect it. Cost: $100 to $300.

Spa Feelings: Little touches like candles, wastebaskets and rugs create that spa feeling when needed. Try to choose accessories that are both decorative and useful; that way guests won't feel like they've invaded your private spa space. I love the smooth pebble mat from CB2; it massages the feet and adds a cool touch when getting out of a warm shower. Cost: $100 to $400.

Pebble Mat, $50, CB2 CB2.CA

Kohler's Hydrorail Column, $441 and up KOHLER.CA

Single Brushed Steel Wall Hook, $17 CRATEANDBARREL.CA

Smart Tiles' Carbon Mosaik, $11, HOMEDEPOT.CA

From food-truck staple to dinner-table fare

Grilled Shrimp Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Whether you prefer your tacos hard and crunchy or lean more to the softer side, this grilled shrimp filling perfect for a summer barbecue will leave you satisfied.

Shrimp cook quickly, especially on the intense heat of the grill, so be sure to prep your other ingredients ahead of time and set out a buffet of toppings and tortillas.

1. Heat the grill to high.

2. Place the shrimp in a large bowl. Season with salt, pepper and cumin, then toss to coat evenly.

3. Divide the shrimp among 6 skewers, threading them evenly without crowding them on the skewers. Do the same for the onions.

4. Using an oil-soaked paper towel held with tongs, lightly oil the grill grates. Grill the shrimp for 2 minutes per side and the onions for 5 minutes per side.

5. Chop the grilled red onions and place in a medium bowl. Stir in the celery, tomatoes, chipotle pepper and garlic. Season with salt and black pepper. Set aside.

6. In a small bowl, toss the avocado with the lime juice. In another small bowl, stir together the sour cream and cilantro.

7. To serve, set the shrimp, red onion salsa, avocado and sour cream on the table with the taco shells or tortillas. Diners can assemble their own tacos.

THE ASSOCIATED PRESS

Ingredients

- 1 lb extra-large shrimp
- Salt and ground black pepper
- 1 tbsp ground cumin
- 2 medium red onions, sliced
- 1/2 cup chopped celery
- 4 plum tomatoes, chopped
- 1 chipotle pepper in adobo sauce, minced
- 2 cloves garlic, minced
- 1 avocado, peeled and diced
- Juice of 1 lime
- 1/2 cup low-fat sour cream
- 1/4 cup chopped cilantro
- 8 taco shells or 6-inch tortillas

metro
SUMMER FUN
Thursday, June 28, 2012

The summer is the best time to enjoy the great outdoors and take the family camping. ISTOCKPHOTO/THINKSTOCK

Vacation under the stars

Camping 101. Nothing says summer like camping and spending time in the great outdoors

YLVA VAN BUUREN
For Metro

There's nothing more Canadian than camping ... sleeping in a tent and spending time around a campfire in the great outdoors. Whether you are new to Canada or you've just never pitched a tent before, with the hot summer forecast this is the perfect year to try it out. But before you go looking for a campground, there are certain skills and helpful equipment you should know about.

The camping essentials, says Steve Hardie, camping manager at Canadian Tire, consist of everything you need for sleeping, eating and finding your way around in the dark (flashlights, lanterns and camp fires).

"The most important things are that you are comfortable, equipment is easy to use and you enjoy your experience," says Hardie. For example, Canadian Tire has a four-person tent that goes up in less than one minute.

"It's important to remove any intimidations you might have about camping," says Maureen Shenher of the Learn to Camp program at Elk Island National Park in Edmonton.

The Learn to Camp program offered by both Parks Canada and Ontario Parks in different locations across the country can help. It provides online resources, information sessions (at libraries and other public places), and guided overnight camp-outs that include all the camping equipment, how-to information, and the actual experience of camping. The fee is $64.

When participants arrive in the morning, they learn how to set up a campsite. The afternoon is for exploring the campgrounds. And everyone helps to put dinner together. "Then we show them how to build a campfire and make s'mores, of course," says Lori Waldbrook with Ontario Parks. Someone may bring a guitar and have a singalong, or there may be a fun game such as listening to "night sounds" and guessing what they are (tree frogs, loons, etc.)

It's all about making it fun and taking away any fears someone might have about the outdoor experience.

For more information, visit pc.gc.ca/media/ltc-dlc/ltc-dlc08.aspx for Learn to Camp experiences with Parks Canada.

Helpful tips

Learn to Camp App

- Parks Canada Learn to Camp App provides tips, advice and all the information you need to plan and enjoy your first camping trip. There are recipes, checklists and tips for experienced campers. Download the app for free at pc.gc.ca/media/ltc-dlc/index.aspx.

Why camp?

- The great outdoors
- Affordable vacation
- Family time
- Change of pace
- Fun with friends
- Get away
- It's fun
- It's different
- Outdoor activities
- Back to nature

Coleman Instant Tent, 4-Person, $179.99, left, and Coleman Electronic Ignition Grill Stove, top, $99.99, all available at Canadian Tire, canadiantire.ca.

COME OUT & HAVE SOME "SUMMER FUN"

HYWIRE ZIPLINE ADVENTURES
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hywirezipline.ca

Susur Lee. TORSTAR NEWS SERVICE

Cooking over an open fire

Make your day at an urban park or week at a national park deliciously good!

Singapore-style beef shish kebabs grilled to perfection and plated with lightly charred grape tomatoes, sliced zucchini and mushrooms and garnished with grilled red chili pepper and fresh lime ... it sure doesn't sound like a campsite meal.

But new camp stoves and other equipment along with adventurous menu ideas mean campers can go gourmet under the stars.

"Camping is so much about sharing the romance of the outdoors with your friends and family," says celebrated chef Susur Lee. All you need is a good cooler, camp stove and a surface to work on, and then "there's really not much difference to cooking here and cooking in the kitchen," says Lee.

Equipment such as easy-to-clean non-stick grills (just clean them with a cloth), compact propane grills with instant even heat, and bug covers for food will help.

Make at least one dish at every meal that your family loves and, of course, cut corners and eat locally grown foods when possible, says Lee.

The one herb you should always have on hand? Basil, says Lee. It's so versatile. One way to use it: Slice fresh tomatoes, add salt, lemon juice and basil ... and you have a great salad.

YLVA VAN BUUREN

Simply delicious

A gourmet dessert

Here is an easy way make a gourmet dessert at the campground. Warm fresh strawberries in brown butter, mix in non-alcoholic icewine and cook together. Pour over a prepared angel food cake. Top with lemon yogurt.

†NO PURCHASE NECESSARY. Must be legal drinking age. Approximate retail value of prize is $5,000. Odds of winning depend on the number of eligible entries received. Contest closes on September 3, 2012. Must correctly answer a skill-testing question without assistance and be in compliance with rules in order to be declared a winner. Go to cheerstocanada.ca for full rules and entry. *TM/MC Labatt Brewing Company.

Covering up is critical to shield your skin from the sun's dangerous rays Consider wearing a wide-brimmed hat and applying sunscreen at regular intervals during the day. INGRAM PUBLISHING/THINKSTOCK

Use sunscreen that contains a minimum SPF of 30. And don't forget to apply it to all exposed areas, including oft-forgotten spots. JUPITERIMAGES/PIXLAND/THINKSTOCK

People often don't put enough sunscreen on, says Marni C. Wiseman, a Winnipeg dermatologist and spokesperson for the Canadian Dermatology Association. Put sunscreen on generously and rub it in. HEMERA/THINKSTOCK

The shadow knows best

Skin care. If your shadow is shorter than you, it's time to apply maximum sun protection

KELLY PUTTER
For Metro

As we revel in the sun this summer, don't forget to shield your skin from those dazzling yet dangerous rays.

"I think bikinis are very nice but the reality is that having the sun exposed to your mid-section area when it's not covered by a shirt is unnecessary in this day and age," says Marni C. Wiseman, a Winnipeg dermatologist and spokesperson for the Canadian Dermatology Association. "I tell my patients there is no such thing as a safe tan."

Covering up is critical and don't neglect areas that are tricky to conceal. Wear wide-brimmed hats that cover the back of your neck, your ears and nose. Though stripping down during hot weather is only natural, Wiseman recommends against bearing your skin if it's sun exposed. Instead, she suggests people wear sun protective clothing that blocks harmful ultraviolet light. If that's not possible try covering up with cotton fabrics.

Backyard barbecues, pool parties and strolls along the beach might be rites of summertime, but make a beeline for the shade when taking part in them, advises Wiseman. Take cover under trees, umbrellas and awnings when you are outdoors.

Limit your sun exposure by exercising or gardening before 11 a.m. or after 4 p.m. Try to keep kids out of the sun from noon to 2 p.m., when the sun is at its strongest. Teach them the shadow test for sun safety. If your shadow is shorter than you, it's time to use maximum sun protection because the sun is directly overhead and its rays are powerful.

Lather on sunscreen that contains a minimum SPF (sun protection factor) of 30. And don't forget to apply it to all exposed areas including oft-forgotten spots such as the back of the neck, ears and nose.

While it's important to reapply your sunscreen after sweating or swimming, remember to reapply it two or three hours after the initial application, even if you are just hanging out.

"People often don't put enough on," Wiseman says. "Put it on generously and rub it in. People should be buying multiple bottles of SPF over the summer."

Because not all sunscreens are made equally, she recommends buying those that are approved by the Canadian Dermatology Association. Look for products that have the CDA logo on them. For more information on the list of "recognized products," visit the CDA's website at dermatology.ca.

"Sunscreen is not a licence for people to go out in sun with impunity," Wiseman says. "As a dermatologist, I see heartbreak every day in my clinic due to skin cancers and a lot of it is avoidable."

WINNIPEG PUBLIC LIBRARY

Visit Winnipeg Public Library this summer and load up on books, movies and music. Sign up for programs for all ages – concerts, computer workshops, and crafts for teens, LEGO parties, film making for kids, TD Summer Reading Club story times and so much more. There are over 170 programs and events on offer and it's all FREE!

For the full list of events, pick up @ *The Library* magazine or go to **winnipeg.ca/library**.

SUMMER HIGHLIGHTS

For Adults:

Tales in the Afternoon
Why let the preschoolers have all the fun? Reconnect with being read aloud to.
- **Westwood Library**: Fridays, July 6 to August 31 at 2 pm. Drop in.

Beachfront eReading
Learn how to browse eLibraries Manitoba and download eBooks.
- **Millennium Library**: July 12 at 7 pm. Call 204-986-6450 to register.

For Teens (ages 13-17):

Harry Potter Send Off!
Trivia, wand-making and more.
- **Sir William Stephenson Library**: August 8 at 2 pm. Call 204-986-7096 to register.

Piecebooks with Graffiti Gallery
Learn urban art techniques including urban writing, stenciling and marker techniques and make new art out of old books.
- **Windsor Park Library:** July 24 at 2 pm. Call 204-986-4947 to register.
- **Pembina Trail Library**: August 10 at 2 pm. Call 204-986-4380 to register.
- **Charleswood Library**: August 14 at 2 pm. Call 204-986-3072 to register.

Call or go online for the full list.

For Tweens (ages 9-12):

Ductigami – duct tape wallets
- **St. John's Library**: July 17 at 2 pm. Call 204-986-4689 to register.

Sock Puppets
- **Munroe Library**: July 26 at 2 pm. Call 204-986-3736 to register.

For Families:

Family Literacy Fun Days at 19 locations!
Families will travel between multiple stations, taking part in exciting games and creative activities that promote the playful use of reading, writing, and language skills. Drop in.
- **St. James-Assiniboia Library:** July 11 at 2 pm.
- **Louis Riel Library:** August 14 at 2 pm.
- **Transcona Library:** August 21 at 2:30 pm.

Call or go online for the full list.

Drumming Workshops for Families
Learn the basics of drumming and singing with George Spence and elder Clarence Nepinak. Registration is free.
- **Cornish Library**: July 31 at 2 pm. Call 204-986-4680 to register.
- **West End Library**: August 7 at 2 pm. Call 204-986-4677 to register.
- **Munroe Library**: August 14 at 2 pm. Call 204-986-3736 to register.

Call or go online for the full list.

TD SUMMER READING CLUB

The fun goes on all summer long with this year's fantasy theme of *Imagine!* There are over 75 story and craft programs on offer for children of all ages. Join the Club and you'll get a free activity book, reading log, poster and stickers. Keep reading all summer – you choose the books – and be eligible for prizes. The Club runs until August 10 at all libraries.

Winnipeg

Winnipeg Public LIBRARY · BIBLIOTHÈQUE publique de Winnipeg

winnipeg.ca/library

Were you born to grill?

Firing up the BBQ. Celebrity chef Rob Rainford provides tips to make barbecue season a success

YLVA VAN BUUREN
For Metro

There's nothing like a backyard barbecue to bring friends and family together, says Canadian chef and grill expert Rob Rainford.

Rainford, who teaches at George Brown College and is the chef at Gossip restaurant in Toronto, says when he is entertaining he will often cook a chicken or a tenderloin — "so I'm not completely straddled to the barbecue, and I can spend time with guests, too." But he is happy cooking a steak or burger to order as well.

Here is how to grill the Rainford way:

• Keep one part of the grill hot and the other at a lower temperature. "Then, depending on the cut of meat, you can sear it on both sides on the hot side, then finish the cooking process more gently on the cooler side of the grill."

• Always bring meat to room temperature before you grill to ensure even cooking.

• To keep meat or fish from sticking to the grill, wipe the cooking grates with vegetable oil before putting food onto them. Also, and this is most important, maintain a high temperature and leave the meat alone for the first 30 to 45 seconds.

• Use a water spray bottle to extinguish flare-ups from dripping juices from the meat. But it may also be better to move the meat to the lower heat side of the grill and finish cooking it that way.

• Watch the food you are grilling at all times. If you are slow grilling — the barbecue is at 100 C (220 F) — you can walk away but be sure to check it every half-hour.

• Let meat rest (even burgers) for about 10 minutes under tented foil before serving.

Celebrity chef Rob Rainford. CONTRIBUTED

FLAVOUR TIPS

• Grilled Greens: "I always add a grilled element to salads to add that barbecue flavour," says Rainford. For example, he will take scallions or leeks and grill them quickly and put them into a tossed green salad.

• Smoke It: Consider using wood chips in your barbecue and adding a smoky flavour. There are different kinds depending on what you are grilling. Flavourful woods such as hickory and mesquite go well with ribs while sweeter woods such as apple or cherry are recommended for tuna or chicken.

• Add Some Heat: Rainford, who has Jamaican parents, says you can jazz up any recipe by adding a tablespoon of Jerk sauce to the barbecue sauce you use (he includes recipes in his cookbook).

Recipe. Rob Rainford's Fired-Up Chicken Wings

Ingredients

• ½ cup (125 ml) canola oil
• ¼ cup (60 ml) Jerk Marinade (see Rainford's Staple Recipes in his book)
• 2 tbsp (30 ml) chili powder
• 2 tbsp (30 ml) onion powder
• 1 tbsp (15 ml) garlic powder
• 1 tbsp (15 ml) smoked paprika
• 1 tbsp (15 ml) freshly ground black pepper
• 1 jalapeno chili (for less heat, seed the chili)
• 1 tsp (5 ml) kosher salt
• ½ tsp (2 ml) ground ginger
• 2 lbs (1 kg) chicken wings

1 Combine the canola oil, jerk marinade, chili powder, onion powder, garlic powder, smoked paprika, black pepper, jalapeño, salt and ground ginger in a large bowl.

2 Add the chicken wings and toss to coat evenly. Refrigerate for at least 2 hours or up to 24 hours.

3 Fire up your charcoal. You need a medium-high grilling temp of around 350 F (180 C). Prep the grill for cooking over direct heat. If using a gas barbecue, preheat one side to medium-high and turn the other burner off so you can finish grilling the wings on the cooler side of the grill if they start to char.

4 Remove the wings from the marinade, shaking off the excess. Pat the wings dry with paper towels.

5 Grill the wings, turning often, for 20 to 30 minutes or until golden and the juices run clear. (If using a kamado-style grill, the wings need to be turned just once, halfway through cooking.)Makes two main-course servings; 10 appetizer-size servings.

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YOUR SUMMER STAIN REMOVAL GUIDE
Handy tips to help you get through the stains of summer.
CLOROX2 STAIN FIGHTER

BURGER BOO-BOOS.
Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!
PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5-10 minutes.
LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.
Half of your daughter's ice cream is on the ground. The other half landed on her shirt.
PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5-10 minutes (don't let dry on fabric) and rinse.
LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...
...on your kids' pants.
PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5-10 minutes.
LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

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Always read and follow precautions and usage directions before using cleaning products. Always store cleaning products out of reach of children.

01223880

Baseball

Third win seals Goldeyes sweep

The brooms came out Wednesday night as the Winnipeg Goldeyes swept their three-game set with the Sioux City Explorers with a 7-2 victory in front of 5,746 who came out to enjoy Jamaica Night at Shaw Park.

Winnipeg centre-fielder Chris Roberson had a monster day at the dish, going 3-for-4 with a pair of round-trippers and four total RBIs while adding a highlight-reel-worthy sliding snag in the field.

Winnipeg now heads down to Wichita, Neb., for three games against the American Association-leading Wingnuts

DARRIN BAUMING/FOR METRO

Wimbledon

Raonic picks up where he left off

Canadian Milos Raonic advanced to the second round at Wimbledon on Wednesday, completing a 6-4, 6-4, 6-4 victory over Colombian Santiago Giraldo that had been interrupted the night before by rain and darkness.

THE CANADIAN PRESS

Spain survives semis

Euro 2012. Defending champion knocks off Portugal in a penalty shootout

Still not pretty to watch, still just as effective.

Spain failed to dazzle yet again at the European Championship, but still advanced to its third straight major championship final by beating Portugal 4-2 in a penalty shootout on Wednesday following a 0-0 draw after extra time.

"We're playing better in defence than what the characteristics of our players would suggest," Spain coach Vicente del Bosque said. "That's what earns victories."

After earning plaudits for the eye-catching one-touch passing that helped Spain win titles at Euro 2008 and the 2010 World Cup, this year's team is struggling to create chances. Against Portugal, the defending champion managed only one shot on target in regulation time.

It didn't matter, though, because the Spanish still came through when it mattered. Cesc Fabregas, who came on as a substitute in the second half of regulation time, scored the deciding penalty after Bruno Alves had hit the crossbar for Portugal moments earlier.

"I played poorly, but the team worked really hard," Fabregas said. "I had this intuition that we could advance if we went to penalties and that's what we did."

Spain will next face either Germany or Italy on Sunday in the final at the Olympic Stadium in Kyiv.

Cristiano Ronaldo had several chances for Portugal, but he sent three shots well over the bar as his team held its own for the entire match. The Real Madrid star, who came alive with three goals in his last two matches at Euro 2012, did not take a penalty in the shootout. He had been slated to take the fifth one, but he never got that far. THE ASSOCIATED PRESS

Quoted

"Our players trained and were prepared for a situation like this. We didn't have much luck."

Portugal coach Paulo Bento

Cesc Fabregas of Spain, second from left, is mobbed by teammates after scoring the winning penalty against Portugal in the semifinals on Wednesday in Donetsk, Ukraine. ALEX LIVESEY/GETTY IMAGES

4 SPORTS

NBA

Wide-open draft after No. 1 pick

Once Anthony Davis slips on a Hornets hat above basketball's most celebrated eyebrow Thursday night, the NBA draft really starts. Davis will head to New Orleans with the No. 1 pick, even if the college player of the year is reluctant to guarantee it. After that, nobody can be sure what will happen. "I don't know," said Michael Kidd-Gilchrist, a fellow freshman from national champion Kentucky. "I have no clue."

THE ASSOCIATED PRESS

On the web

Should there be a rule for how much grunting is acceptable during a tennis match? The women's tour thinks so and is working on a plan to "drive excessive grunting" out of the sport. Scan the code for the story.

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From practice squad to main roster, Dorzon gets his shot with Bombers

Being promoted from the practice roster to the Winnipeg Blue Bombers' starting lineup has meant tailback Bloi-Dei Dorzon spending a lot of time explaining how to pronounce his unusual first name.

It rhymes with rowdy and is pronounced blau-dee. But the Bombers simply call him T, after his middle initial.

The son of Edwin and Patience Dorzon, who came to the United States from Liberia, Dorzon doesn't know the origin of his first name.

"I get asked that every day," he said. "I'll make sure I get it for you next time."

Signed as a free agent in 2011, Dorzon has seen action only in pre-season games. But the Bombers liked him enough to keep him on the practice roster after he was cut this season.

It proved to be a wise move when starting running back Chris Garrett went down in practice Tuesday with a season-ending torn Achilles tendon. Chad Simpson, who would normally step in, is still recovering from his own much less serious injury.

Dorzon will start his first CFL regular-season game Friday in Vancouver against the Grey Cup-champion B.C. Lions.

THE CANADIAN PRESS

Packing a punch

Dorzon is just five-foot-eight but he's a muscular 197 pounds. His biceps look almost as big around as his waist, yet he runs the 40-yard dash in less than 4.5 seconds.

Guess what's more common in men?

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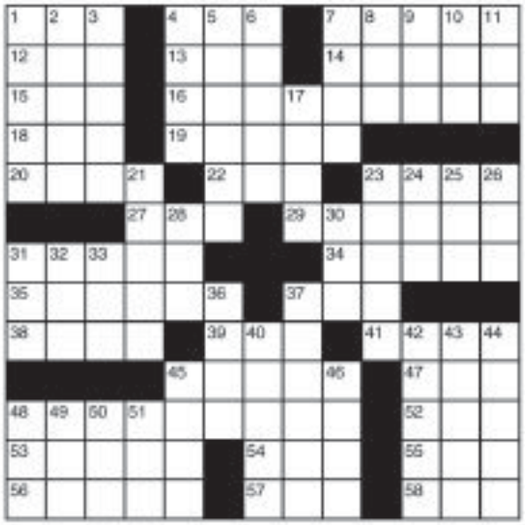


Across
1 Sphere
4 Monokini's lack
7 Pair
12 Chum
13 Rowing need
14 Comic actor Atkinson
15 Big bother
16 Pennants
18 "Flying Down to —"
19 Push
20 Grant's place
22 Ram's ma'am
23 Remark re Yorick
27 Corn spike
29 Governor
31 Tease goodnaturedly
34 Substantial
35 Taxpayers' fears
37 Baltimore newspaper
38 TV's Batman
39 Prune
41 Story
45 Leg bone
47 Crib
48 Startling headlines
52 Conclusion
53 Pile up
54 "Of course"
55 Past
56 Lips
57 Former flier
58 Do some landscaping

Down
1 Dizzying designs
2 Sirius medium
3 Flourish
4 Employer
5 Newsman Dan
6 Quiver occupant
7 Scottish slope
8 CD- —
9 Shock partner
10 Jam ingredient?
11 Navy rank (Abbr.)
17 24/7
21 Suit
23 Rep
24 Meadow
25 Pismire
26 Pigs' digs
28 Sternward
30 Aussie coat of arms beast
31 Cornfield noise
32 Shade
33 Billboards
36 Svelte
37 Steeples
40 Follows orders
42 Perpendicular, at sea
43 Chuck Woolery's GSN show
44 Be philanthropic
45 Little bits
46 Helper (Abbr.)
48 Yon maiden
49 Massachusetts cape
50 Tatter
51 Before

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

S B G X C Q I G M S G Q A O A M ' S I H S G M J H D B Y S C W I Y J M S B G I C X R C D G , Y J O S D J S W C Q R G A " Q G S H Q M S J Y C M A G Q , "

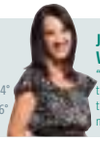
Yesterday's Cryptoquip: IF A GUY STUBBORNLY REFUSED TO LET GO OF HIS METAL SODA CAN, MIGHT YOU CALL HIM TIN-ACIOUS?

Today's Cryptoquip Clue: A equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	FRIDAY	SATURDAY
MAX: 26° MIN: 15°	MAX: 26° MIN: 15°	MAX: 24° MIN: 16°



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JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. Your confidence may be high today but you would be wise not to let your enthusiasm get the better of you. It may turn people against you.

Taurus | April 21 - May 21. What changes can you introduce to make your life more exciting? Give it some thought and when you come to the conclusion, draw up a plan.

Gemini | May 22 - June 20. The only danger now is that you will focus on one aim to the exclusion of everything else and miss out on other possibilities. Don't switch off the world around you.

Cancer | June 21 - July 22. Partners and colleagues are in a talkative mood and some of the things they have to say will not only be interesting but could even help your career.

Leo | July 23 - Aug. 22. You have a lot on your plate at the moment but the lion's share of your work is for the benefit of other people. That needs to change.

Virgo | Aug. 23 - Sept. 22. Planets are tempting you to make big claims for yourself, which could lead to problems when others discover you lack relevant experience.

Libra | Sept. 23 - Oct. 22. What happens today may seem chaotic but if you stand back and take a broader perspective of the situation you will see there is a pattern to events. Rise above petty issues.

Scorpio | Oct. 23 - Nov. 21. A change of scene will do you a world of good. The more you are on the move, the more likely it is you will discover something, or someone, that makes life worth living again.

Sagittarius | Nov. 22 - Dec. 21. You may have to use a bit of muscle to get what you need today but watch out you don't annoy someone whose assistance you will need in the very near future.

Capricorn | Dec. 22 - Jan 20. Make big plans for the next few days — the bigger the better. What happens next week will help you turn your plans into reality.

Aquarius | Jan. 21 - Feb 18. You may be held back by circumstances beyond your control but don't fight it — go with the flow.

Pisces | Feb. 19 - March 20. The Sun in Cancer boosts your confidence but there is a danger today that you could get carried away and say or do something that upsets an authority figure you need to get along with. **SALLY BROMPTON**

Caption Contest

"I taught Gene Simmons this."
Matthew

THE AMARILLO GLOBE NEWS, MICHAEL SCHUMACHER/THE ASSOCIATED PRESS

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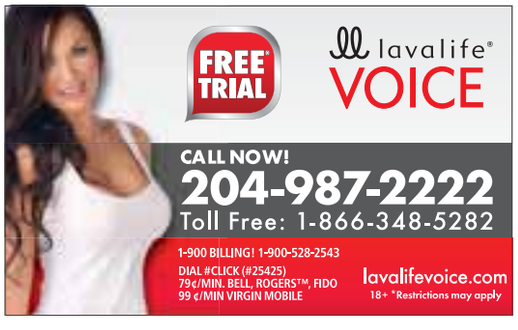
You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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